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NEW NICK JONAS DATING RUMORS

YOU LIKELY DIDN'T SEE THIS ONE COMING. PAGE 18



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GOAT TO WORK

Paying the bills. The state put a herd of goats to work clearing vegetation around a pedestrian bridge near Poughkeepsie and saved a ton of green. PAGE 04

Goats crossing road on way to work. / COURTESY OF NEW YORK STATE BRIDGE AUTHORITY

DiNapoli: Fares to rise without budget fix

PAGE 02

Chvrches is back with a brand-new album

PAGE 20

Jets fall, but not too far, in power rankings

PAGE 27



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1 NEWS

Top 3

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1 'NYPD in talks with city attorneys to re-examine homeless laws: Bratton'

2 'Winners of "The Voice": Where are they now?'

3 'Where to get free coffee in NYC for National Coffee Day'



On the go

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Civic leaders urge NYPD to reform community relations

Survey. The 192-page report gathers month's worth of responses from residents asking for better relationships with the cops who protect them.

Seven public forums across Manhattan and Brooklyn over the summer added up to a 192-page report full of recommendations by New Yorkers on how the NYPD can improve relationships with the communities they police.

Manhattan Borough President Gale Brewer, Brooklyn Borough President Eric Adams and civil rights attorney Norman Siegel released the report on Tuesday.

"This was not an 'I hate the police' report or gathering," Adams told reporters. "People want good, healthy police interactions."

More than 1,000 New Yorkers took part in the various events in the two boroughs, which were organized with attorney Siegel's help.

Siegel listed off a series of reforms proposed

in the report, which largely focused on what police and top brass can do and included an increase in police training to one year from six months, requiring or incentivizing officers to live in the neighborhoods they patrol, and offering police a sabbatical period after eight years on the job.

A former police officer himself, Adams said he could have used his own sabbatical period after someone shot his car windows.

"I was overwhelmed," he said, adding that the idea for a sanctioned break for officers came from a teacher who attended the town halls.

While some individual police officers were at a number of the town halls, Siegel lamented that no one from Mayor Bill de Blasio's office participated save for an early press event.

Siegel said he was disappointed in de Blasio and his "self-proclaimed progressivism."

"The idea of not participating in town hall meetings, that he and his staff were invited to, what does that say?" he said.

Describing the report as unintended, only re-



NYPD / GETTY IMAGES

Quoted

"This was not an 'I hate the police' report or gathering. People want good, healthy police interactions."

Adams

ferring to de Blasio once, Siegel added that NYPD Commissioner Bill Bratton has expressed a willingness to sit down and review the report with the leaders.

But Adams did not let

the mayor off the hook.

"We did not elect Bratton — we elected Mayor de Blasio. This is his legacy. He can't leave his mayoralty not addressing this problem," the borough president said.

"Police agencies, chiefs and commissioners have a tight fist," Adams added. "They're not going to be able to shake the hands with community residents if that fist stays tight. It's up to the mayor to set the tone."

A spokeswoman for de Blasio did not immediately respond to Metro's requests for comment.



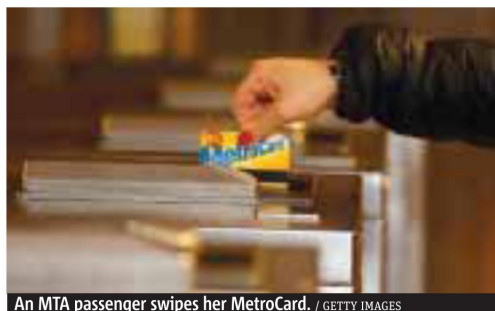
CHESTER SORIA
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Report. Fares to rise unless \$9.8B budget gap is closed

Unless the MTA can shore up billions in city or state money, the transit agency will have to cut its budget or borrow money — either of which state Comptroller Tom DiNapoli argued can hit straphangers hard.

"If the MTA doesn't get the funding it needs, the MTA will have to choose between cutting the size of the capital program or borrowing more," DiNapoli wrote in a statement, "which could lead to less reliable service or higher fares and tolls."

In his latest report, DiNapoli said a lack of investment by the state and city would jeopardize existing service and expansion projects. If the



An MTA passenger swipes her MetroCard. / GETTY IMAGES

MTA turns to loans, DiNapoli added, it may force a hike in fares and tolls.

The total budget gap currently stands at \$9.8 billion. The agency has spent the last few months lobbying New York City to front \$2.5 billion, a big jump from the \$657 mil-

lion it offered in June.

MTA spokesman Kevin Ortiz said the agency appreciates the comptroller's recognition of the challenges the MTA faces while digging into the de Blasio administration.

"While the state is proposing a contribution

close to its record high, the city wants to contribute close to its record low," Ortiz said. "Facts are facts, and the facts in this report make clear it is long past time for the city to contribute its fair share to the MTA Capital Program."

Gov. Andrew Cuomo announced earlier this year the state would commit to \$8.3 billion toward closing the gap.

City officials have long argued that the \$657 million meets and exceeds the city's usual contribution to the MTA's capital plan — previously \$500 million — which helps pay for maintenance, existing subway services and new projects.

Mayor Bill de Blasio has been particularly pressured by the state and its allies to boost its contribution. On Monday, the mayor denounced a Transit Workers Union advertisement accusing him of failing riders as "misleading" and "pitiful."

"The state has budgetary responsibility for the MTA," de Blasio told reporters. "All of the dire warnings in that ad should be addressed to the state of New York," he said, adding that the city is open to increasing its contribution as long as City Hall has a clearer sense of what the money is going toward.

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NEW YORK APPLES FROM A TO Z

Your Shopping Guide To Flavors And Uses

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EMPIRE

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FUJI

Sweet, juicy, very crisp – eating



GALA

Sweet and juicy – eating and salads



GOLDEN DELICIOUS

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Sweet and crisp – eating and salads



JONAGOLD

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Brace yourselves

Tropical Storm Joaquin expected to brush NY next week

Tropical Storm Joaquin will likely travel along the U.S. East Coast within the next few days, though its exact path is still difficult to



Flooded taxi / GETTY IMAGES

forecast.

The National Hurricane Center said Joaquin strengthened east of the Bahamas on Tuesday and is expected to make a sharp northerly turn in the next few days taking it parallel to the U.S. east coast.

The storm is forecast to strengthen over the next few days and could

threaten the Carolinas this weekend with heavy rain and 70 mph winds, just below hurricane force, according to the National Hurricane Center.

Forecast models predict it brushing the Outer Banks before heading toward the New York-New Jersey coast early next week.

REUTERS



A living, breathing lawnmower / PROVIDED

Tax dollars herd at work

Eat their fill. Goats were placed in fenced areas under the Walkway Over the Hudson for vegetation control.

were moved to new areas to continue eating their way through Poughkeepsie," according to the Authority.

"Not only did we save money by contracting the goats, they made the job of clearing stalks and fixing our fences a lot easier for our summer crews," said Authority Chairman Richard A. Gerentine. "What started as a suggestion from a staff member, maybe a little in jest, turned into a well-run project for the Authority."

The Authority spent \$10,440 to contract the goats, about half of what it cost for similar work in past years with summer maintenance crews. The way goats eat vegetation will also help with long-lasting weed control.

The goats not only cleaned the area below the walkway, but also entertained locals who would regularly stop by to see them at work. Residents even helped nab one that escaped through a gap in the fence one time.

The use of the animals this summer was also particularly significant for Green Goats after a tragic barn fire struck in February left 100 goats dead. Thanks to the community and public donations, Green Goats once again has a full herd and recently started building a new barn to house the goats over the winter.

The idea at first sounded like a joke: replace people with goats to do manual labor.

But no one at the New York State Bridge Authority is laughing after an experimental project where goats were used for vegetation control in hard-to-reach areas under the Walkway Over The Hudson saved thousands of dollars.

"The goats did an outstanding job clearing poison ivy, sumac and pretty much everything else they could reach," said Bridge Authority Executive Director Joseph Ruggiero in a post to the agency's Facebook page. "We're very pleased with the results and are planning new projects for next year."

After 10 weeks of hard work and "very full stomachs," the project was declared a success.

A dozen goats from Green Goats, a Rhinebeck company owned by Ann and Larry Cihanek, started in July by making a home for themselves in fenced areas under the bridge, which spans the Hudson between Poughkeepsie and Highland. "As they cleared one section under the bridge, they

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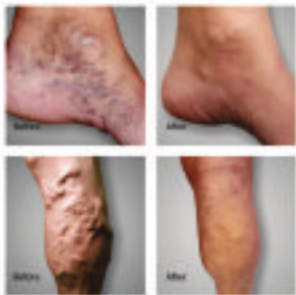
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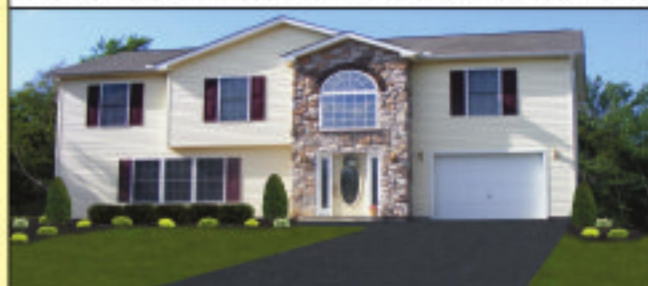
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Exhibit highlights role of transit workers as city's first responders

Transit Museum. Exhibition shows transit workers as first responders during 9/11, Superstorm Sandy and other disasters.

A new exhibit at the New York Transit Museum looks at the mass transit system's response to major crises in the city, and highlights some of the transit workers who went above and beyond to respond to New Yorkers who needed their help.

The exhibit, called "Bringing Back the City," opens at the museum in Brooklyn Heights on Wednesday.

Gabrielle Shubert, who retired last week as the museum's director, re-

membered how Hurricane Sandy hit on a Monday. On Tuesday, she walked over to the museum — which is housed in an old subway station — to check to see if it had flooded.

"And the next day was Wednesday, and we decided to open the museum, even though we knew people weren't getting around, but we know people in the neighborhood who had been hit and their kids were going to need some kind of normalcy. And a lot of people did [come], and a lot of people [later] told me what that meant to them," Shubert said.

"Getting the transit system to run makes New Yorkers feel normal again," she added.

The return to "normalcy" and the average transit worker's role is a central thread in the show, which includes artifacts and oral histories from work-



Josh Feinberg is the curator of the exhibit. / BESS ADLER, METRO

ers during 9/11, the 2003 blackout, the blizzard of 2010, Hurricane Irene and Superstorm Sandy.

Josh Feinberg, a consultant who curated the exhibit,

said the show is not only about looking at the response to events like Sandy, but "also looking to the future and how as a system the MTA is going to deal

with an evolving, changing and adapting system."

The show, which gives viewers a peek into re-created MTA worker rooms, has artifacts of salt water-damaged railway ties, television reports from the disaster and an old subway command center switchboard.

"I don't know the streets downtown," Beverly Chisholm, an MTA bus driver during 9/11, said during an interview played in the exhibit. "But one way or another, you hit water."

Chisholm was one of many bus drivers who drove police officers and other first responders to and from Ground Zero after the attack.

"As time went on we've heard more and more stories of heroics, and it was blowing our minds," Shubert said. "Their houses were probably flooded [af-

ter Sandy]. But they were working, dealing with their responsibility to the transit system rather than their families ...

"People are honoring police, fire, EMTs — who all deserve it — but nobody recognizes what the transit workers were doing, too. At 9/11, our guys had the heavy equipment, they had the cranes, the backhoes, and they brought their stuff down to Ground Zero immediately. The cops, the firemen, they didn't have the equipment we had."

"Bringing Back the City: Mass Transit Responds to Crisis" opens on Sept. 30 at the New York Transit Museum at Boerum Place and Schermerhorn Street in Brooklyn Heights. Visit bringingbackthecity.com and web.mta.info.



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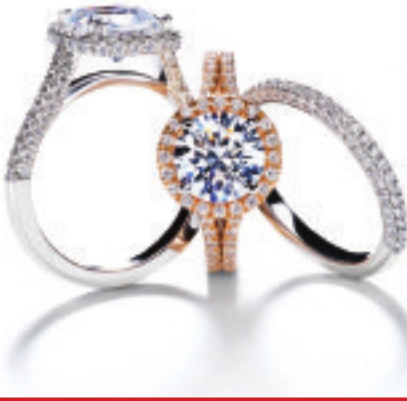
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Staten Island thieves steal 262 toothbrushes from CVS

Did they floss?
NYPD says bandits made off with \$1,200 worth of dental care products.

A pair of bandits stole hundreds of dollars worth of toothbrushes from a Staten Island pharmacy, according to police.

Authorities said the cavity-defying caper took place on August 22 at around

11:45 p.m., when a man and woman walked into a CVS pharmacy on Hylan Boulevard and Old Town Road.

The two somehow managed to remove 262 toothbrushes from the pharmacy before they fled from the store with a haul police estimate to total \$1,200 worth of merchandise.

Police released images taken from surveillance video of the two suspects.

The woman is shown to have dark hair, dark pants and shirt while wearing a tan jacket.



The suspects / PROVIDED

The man was last seen wearing a white tank top and dark pants.

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Gunpoint

East Village video game store robbed

Two men weren't playing around when they decided to rob an East Village video game store on Monday night.

The pair entered Video Games New York, at 202 E. Sixth Street about 11 p.m. with guns showing and demanding money, police said.

One of the suspects struck an employee in the head, causing injuries, authorities said. Meanwhile, his partner tried to tie up a second worker in a back aisle.

The suspects were able to flee on foot with \$900 in cash from the register.

CRISTABELLE TUMOLA



Planned protest

Chirlane McCray, the first lady of New York, speaks at a Planned Parenthood rally in Foley Square on Tuesday.

HANNAH MATTIX

Sentencing

Bar shooter gets 22 years

A Queens man has been sentenced to 22 years in prison for opening fire on a 27-year-old man in a Jamaica bar in 2013.

Reyes Manzueta, 54, pleaded guilty to first-degree manslaughter in July. Prosecutors said Manzueta was at the same bar, El Nuevo Café Latino, two weeks earlier, when he hit a woman in the back of her head. She threw a bottle at

Manzueta, and the DA's office said the victim, Jony Gonzalez, stepped in to defend her. Manzueta returned to the bar two weeks later looking for Gonzalez, and shot him in the chest, back, abdomen, leg and arm with a 9mm handgun. Gonzalez died at the bar; another patron was hit but survived.

Manzueta was sentenced to 22 years in prison followed by five years of post-release supervision.

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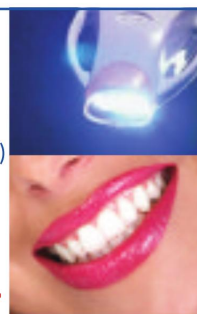
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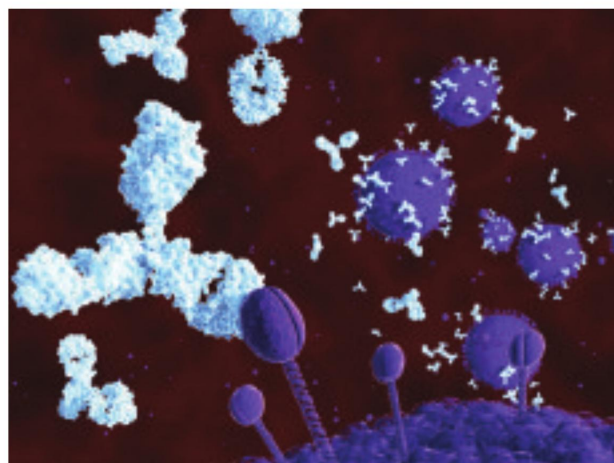
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Re/code. Twitter looking beyond 140 characters with new product

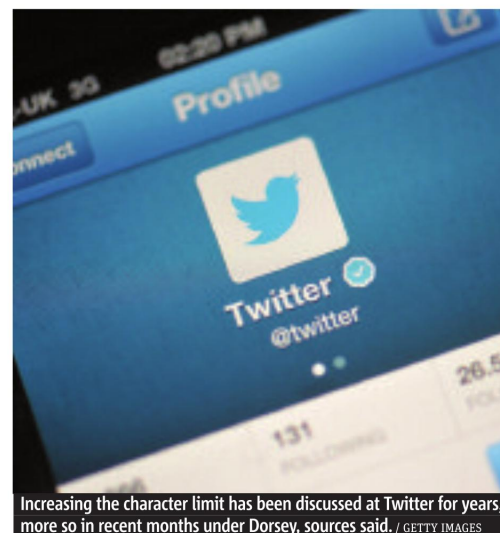
Twitter is finally waking up to the idea that some things just cannot be summed up in 140 characters.

The micro-blogging website operator is working on a new product that will allow users to share tweets longer than 140 characters, technology website Re/code reported on Tuesday.

The company's executives are also discussing changes to how the character limit is measured, such as excluding links and user handles from the count, the website reported, citing people familiar with the matter.

The move comes at a time when Twitter, under the stewardship of co-founder Jack Dorsey, is working hard to rekindle user growth. Twitter's second-quarter monthly average users grew at the slowest pace since the company went public in 2013.

Several users and designers have expressed concerns as to whether Twitter should ditch its



Increasing the character limit has been discussed at Twitter for years, more so in recent months under Dorsey, sources said. / GETTY IMAGES

signature character limit to better compete with Facebook, where there is no limit on the length of the posts.

It's unclear what Twitter's new product will look like, Re/code said.

A Twitter spokeswoman declined to comment.

The company has been working on ways to

make its service easier to use and entice people to spend more time with it.

It has already removed the 140-character limit from its direct messages and announced plans to let users buy goods and make political donations through tweets.

REUTERS

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Ralph Lauren founder steps down as CEO

Fashion empire.

The brands include Polo and Denim & Supply as well as accessories, furniture, home decor items and footwear.

Designer Ralph Lauren, who built a fashion powerhouse on luxury designs inspired by country club chic, announced Tuesday he is stepping down as chief executive officer and named the head of Gap Inc.'s populist Old Navy brand to the position.

Ralph Lauren Corp. hired Stefan Larsson, the global president of Gap's Old Navy division, as CEO of Ralph Lauren Corp., the company 76-year-old Lauren founded in 1967.

Lauren will continue to serve as executive chair-

man and head its design team, the company said in a statement.

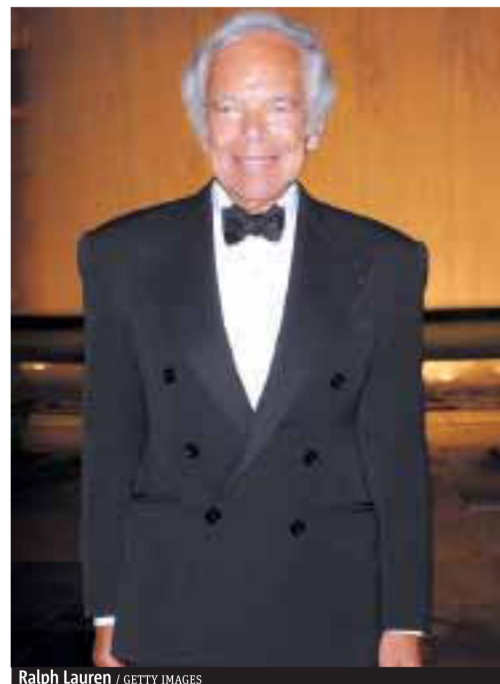
Larsson, who will join Ralph Lauren and its board in November, is credited with reviving sales at the Old Navy division, successfully implementing a model of offering trendy clothes at low prices.

Annual sales at the business rose 8 percent in 2014 and became Gap's biggest business. Sales for the division were \$6.62 billion, or 40.3 percent of Gap's total.

Born Ralph Lifshitz in the Bronx in 1939, Lauren's parents were Jewish immigrants from Belarus, and he changed his name to Lauren at age 16.

The company also said that Jackwyn Nemirov, chief operating officer, would retire in November, at which time she will become an adviser to the company.

REUTERS



Ralph Lauren / GETTY IMAGES

Feet Hurt? Bunions? Hammertoes? Heel Pain?

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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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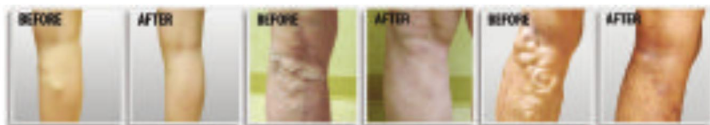
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Sore Legs and Feet—a Sign of Serious Health Problems?

Most of us don't think much about our legs and feet until they start hurting. When they do, we may try to live with the pain, instead of seeing a doctor about it. Putting off a checkup, however, can have serious health consequences, as sometimes foot and leg problems can hide deeper health issues.

Doctor Yan Katsnelson—a Harvard-trained cardiovascular surgeon, expert in minimally invasive surgery, and founder of the USA Vein Clinics—tells us why it's so important to see a doctor sooner rather than later when experiencing leg and foot pain.

Research has shown that nearly 50% of the world's population will eventually be plagued with vein disorders. The symptoms, however, are sometimes difficult to detect during the early stages. What should we watch for?

If your feet feel tired and swollen at the end of the day, or if a tingling sensation bothers you and you see a blue, web-like pattern on your skin, it's time to see a specialist, as these could be signs of a potential problem. If you wait, the symptoms may become worse, possibly leading to pain, ulcers, and even blood clots.

There's a tendency to ignore the warning symptoms of vein disease. Why is that dangerous?

Veins are blood vessels that pump blood to the heart. They contain special valves that open to let blood flow in the right direction and close to prevent it from flowing in the wrong direction. If these valves start malfunctioning—the main symptom of varicose veins—serious complications may follow. In some cases,

without treatment, they may lead to the loss of a leg.

What do you say to people who may be frightened of doctors, or the treatments they may recommend?

I would say to readers of *Metro* and all of our patients—don't be scared! Due to a new revolutionary procedure implemented a few years ago—Endovenous Laser Treatment (EVLT)—it is practically painless, and the patient can quickly return to his/her regular activities. Treatment typically takes about half an hour if the veins at the beginning stages of the disease—more complicated cases may require several treatments. The day of the procedure, we recommend the patient walk short distances, and in two days, completely resume all physical activities. In three to four days, we check the vein status ultrasonically.

Will medical insurance cover EVLT?

Medicare and most medical insurance plans will cover the procedure if it's medically necessary.

Why would someone suffering from varicose veins choose USA Vein Clinics?

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“Fraction Of An Inch” Success And Failure With Popular Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or

guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating away at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

Viscosupplementation.

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in New York City. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

“All Doctors Are Human And Sometimes They Mess Up”

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.


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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to


Before Treatment
Painful Knee Joint
Riddled With Arthritis



Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging



Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure



Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

Five things you

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PAD can be recognized by these symptoms.
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Do You Have PAD?

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- ☒ Leg numbness or weakness
- ☒ Non-healing sores on your toes, feet or legs
- ☒ Coldness in your lower leg or foot
- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
- ☒ No pulse or a weak pulse in your legs or feet
- ☒ Erectile dysfunction in men

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Pentagon says US needs to beef up ability to deter cyberattacks

The U.S. military needs to improve its ability to deter attacks on its computer networks, and is working to make them more costly for U.S. adversaries, top U.S. military and intelligence officials told a Senate hearing on Tuesday.

"We are not where we need to be in our deterrent posture," U.S. Deputy Defense Secretary Robert Work told the Senate Armed

Services Committee.

James Clapper, director of national intelligence, told the committee that cyberthreats to the U.S. national and economic security were increasing in frequency, scale, sophistication and severity of impact, both by countries such as Russia, China, Iran and North Korea as well as nonstate actors.

"Such malicious cyberactivity will continue and probably accelerate until we establish and demonstrate the capability to deter malicious state-sponsored cyberactivity," he said. Establishing a credible deterrent requires agreement on norms of cyberbehavior by the international community, he said.

He said the current environment was like "the Wild West," and one key question was whether to put limits on spying activity that did not exist during the Cold War. **REUTERS**



GETTY IMAGES

Trump backs Russia, Iran efforts to fight Islamic State

Donald Trump said he supported Russian efforts to fight Islamic State militants in the Middle East, including Syria.

Asked whether he backed those like Russia who supported Syrian President Bashar al Assad or those who see him as the source of Syria's current crisis, Trump told NBC's "Today" program: "I side with the group that says, 'if Russia wants to go and fight ISIS, you should let them,' as opposed to saying, 'we're jealous, we don't want you to do that.'"

Trump said the United States should support those who want to destroy the militant group. **REUTERS**



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need to know

Brown is latest university to revoke honorary Cosby degree

Brown University has revoked the honorary doctorate it awarded to Bill Cosby as the comedian and actor faces allegations that he sexually assaulted more than 40 women.

Brown becomes the third U.S. university in the past week to revoke honorary degrees to Cosby.

The move follows similar decisions by New York's Fordham University and Milwaukee's Marquette University. **REUTERS**



COSBY

GETTY IMAGES



Baltimore judge sets first police trial in Gray death for Nov. 30

A Baltimore judge on Tuesday set individual trial dates for six police officers charged in the death of a black man from an injury in police custody, with the first trial to start on Nov. 30.

Officer William Porter will be the first officer to be tried for the April death of Freddie Gray under the scheduling decision by Baltimore City Circuit Court Judge Barry Williams. **REUTERS**

Snowden draws crowd with Twitter debut

Edward Snowden has come in from the cold — on Twitter.

Snowden, a former National Security Agency contractor who leaked details about the U.S. government's massive surveillance programs, started a Twitter account on Tuesday from exile in Russia with a simple handle — @snowden.

He pulled in more than 171,000 followers in about an hour but was following only one other Twitter account: his former employer, the NSA. **REUTERS**



SNOWDEN

GETTY IMAGES

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CULTURE



Twitter feed

Today, Mark Ruffalo is feeling endorsement-friendly, Niall Horan has One Direction news, Patton Oswalt is trying to be optimistic, Anna Faris is diversifying and Steven Soderbergh is awfully uplifting.

@MarkRuffalo: Don't usually plug products but my kids love tuna. Safe Catch Tuna — The Lowest Mercury of Any Brand

@NiallOfficial: Album is mastered and ready to go can't wait for you to hear it

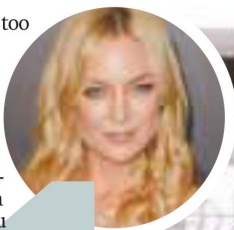
@pattonoswalt: The great thing about the discovery of liquid water on Mars is maybe it'll humble us spiritually & help us to evolve! BWAH! Just kidding...

@AnnaFaris: I know it's lame, but I'm starting a podcast

@Bitchuation: To be clear: memory is a curse and people close to you die.

Wait, who is Nick Jonas supposedly dating now?

Instead of pondering too deeply exactly why there's a constant fixation on whom Nick Jonas is or isn't dating, let's just check in on the latest subject of speculation: none other than Kate Hudson. Yes, you read that right. Jonas' current tour brought him to Florida this past weekend, where he was spotted hitting up Disney World with Hudson by his side one day, then enjoying a nice brunch at a private club in Miami with her the next, according to TMZ. Oh, and Hudson doesn't live in Florida. Just saying. "The buzz around the property is that they were acting like a couple," a source says. "They were definitely there together. They made an effort to keep things under wraps, using the private pool for members that's harder for regular guests — and paparazzi — to get glimpses of." If this is in fact a thing, I'm all for it.



Is Nick Jonas off the market?/ ALL PHOTOS GETTY IMAGES

Kate Winslet is pretty easy to shop for



Kate Winslet is all about that bone broth.

Kate Winslet is turning 40 next week, and she's only got one thing on her birthday present wish list — and it's probably not what you'd think. "I'd quite like a pressure cooker. I want to start making bone broths," she tells E! News. When asked by "Steve Jobs" co-star Michael Fassbender what exactly a bone broth consists of, Winslet drops some culinary science: "Taking a whole bunch of bones

and putting them in a pressure cooker with lots of chopped-up leeks and onions and celery and all that stuff and you make this amazing restorative bone broth," she explains. "You boil it up for like 12 hours and it cures you of all ailments." All ailments! But bad news for anyone hoping for an easy way to impress Winslet on her big day: Fassbender has already called dibs on getting her the pressure cooker.

THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

Ryan Reynolds tries to build an Ikea crib

This should make you feel better about your own furniture-related nightmares. GQ magazine tasks new dad Ryan Reynolds with assembling a crib from Swedish flat-pack



Justin Bieber wants you to know he's a true Christian.

Oh good. Justin Bieber has some thoughts to share on religion, Christianity and Jesus Christ. I know, you were curious. And he's working some odd juxtapositions. For instance, he's not religious but totally Christian, if that makes any sense. "You don't need to go to church to be a Christian. If you go to Taco Bell, that doesn't make you a taco," Bieber tells Complex magazine, clearly misunderstanding the important work that Taco Bell does. But in his defense — wow, that felt weird — Bieber does at least clarify that he doesn't want to be the Messiah. "I just want to live like Jesus. Not be Jesus — I could never — I don't want that

to come across weird," he says. "He created a pretty awesome template of how to love people and how to be gracious and kind." Yes, Jesus was all about the templates.

Also, Bieber is totes mature now that he's a year older than he was when he went off the rails in Miami. "I got into a little bit of trouble — nothing that other 20-year-olds don't get into, just rebelling a little bit. Now, being 21, I'm coming into my own," he says. "I'm not going to say I'm sorry for the things that I've done because I think that it allows me to tell a story." Really? Because I feel like Jesus would be all about the apologizing.

DNC thinks it can fence Kanye in



Kanye West is going to have to watch his mouth when he performs at a Democratic National Committee fundraiser in San Francisco attended by President Obama next week. A report by the NY Post claims that West has been warned not to digress into one of his infamous quasi-political tangents. "There will be restrictions," a source says. "Kanye won't be able to lecture the president about how to run the country." Sheesh. That's like asking him not to breathe. Tickets for the event range from \$250 to \$10,000, according to the San Francisco Chronicle. JASON NUCKOLLS

Everybody knows how much Kanye West likes restrictions.



YOUTUBE

"Besides a slow descent into alcoholism, I'm just really just having trouble finding all the screws and pieces that go with it."

One question, though: Doesn't he have an assistant who can do this? Also, I don't think Blake Lively would want anyone knowing about this. It certainly wouldn't fly on Preserve.

He's ready to play the game

Interview. Philip Winchester is trying to be an action star with a heart on "The Player."

Alex Kane is a man on the move. The former government agent has gotten tangled up with an all-powerful gambling group in Las Vegas that's betting on whether or not he can solve crimes before they're committed. It's a lot for one guy to manage, and Philip Winchester, who brings him to sprinting, fighting life on "The Player," says it's important to him to keep Alex human, despite all of his high-flying adventures.

How does Alex respond to being in this situation?

For Alex, because he has this history of violence and this history of not particularly appreciating bureaucracy or red tape or following the rules — when he gets given the opportunity to tap into that part of his addiction again and use that to find someone near and dear

to him, I think he feels 100 percent justified in doing that. He needs these people to seek out the person he lost. And it also taps into this brokenness. It taps into this side of him that is all about doing things on his own and cutting out the middleman.

Will we see Alex fail?

We certainly will. That was one of the things that intrigued me about the show. We can't just have this guy who's kicking ass all the time, in superhero blue. ... When he punches someone, it hurts. When he has to make a decision about going into a situation that's life or death, it always comes with that sort of tongue-in-cheek, "let's give it our best shot" kind of a thing.

Between this and "Blindspot," NBC seems to have a trend of making their new stars open their shows naked. Is this some kind of hazing ritual?

Yeah, Jaime Alexander and I had the same contract.



LISA WEIDENFELD
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One more thing

Action sequence

The pilot has a scene where you're sprinting naked through the streets. Did you really film in Las Vegas, naked?

We did film in Vegas, and I wasn't naked — I had my boxers on. But yeah, it was me in my boxer shorts running through Fremont Street. What was funny was nobody batted an eye. I think they thought it was a normal part of being in Vegas. It was just a guy, holding a gun, running down the street in his boxer shorts.



MARK DAVIS



Catch "The Player" Thursdays at 10 p.m. on NBC. / COLLEEN HAYES, NBC

"DAZZLING"
A.O. Scott, THE NEW YORK TIMES

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Chvrches is sounding more like Chvrches



Lauren Mayberry says she's determined not to let a few Internet commenters ruin things for the other Chvrches fans. **DANNY CLUNCH**

Speaking out

One less positive aspect to the success the band has found has been the online abuse people send to them. Mayberry has shared samples of the misogynistic things that get sent to them, and has become known for speaking up when it occurs.

Asked what influenced her to speak up, she says, "I think it's just constantly being beaten over the head with a mentality that I don't agree with. We're incredibly lucky to get to do the job we do and there are so many amazing elements of that, but I wouldn't accept that kind of treatment or behavior in any other kind of profession, so I don't really see why you're

supposed to accept it in this line of work."

She says that overall she's very happy that social media allows the group to interact with fans. "A lot of the fans are so passionate and so dedicated that it's really great for us to be able to communicate with them on a person-to-person level and not have it coming through a kind of Chvrches HQ filter. We're not going to change the way we do that because of the behavior of a minority of people, because in my mind that's letting people win and it's ruining a fan community that we've worked really hard to build and be a part of."

Singer Lauren Mayberry says the group tried to stay true to their sound for their second album.



LISA WEIDENFELD
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lisa.weidenfeld@metro.us

"Every Open Eye," which came out Friday.

"I don't think you can really let that stuff get into your head too much, because if you sit and focus on all those outside elements, you're not going to be able to write anything," she explains.

The group was also focused on trying to make something that felt like a Chvrches album, without going overboard. "We were quite conscious of being strict with ourselves in terms of being our own editors and not putting layers and layers into a song in an effort to make it feel epic," Mayberry says.

That effort involved replicating as much of their earlier process as possible. "We self record and self produce everything, which

has so many benefits," says Mayberry.

The result will be familiar to everybody who fell in love with the band the first time around, which Mayberry says is one of the things she's most proud of about the new record. "It sounds like our band. I don't think we've gone in and completely changed the kind of band we are, or the kind of music we make, but it sounds to me like a natural evolution."

Mayberry says a combination of things have led to their confidence in their sound, whether it's their own growth as people and creators or the work done by touring so much, and fans should expect a Chvrches album that's "a little bit more assertive and a little bit more sure of itself."

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3 Small changes that will make over your life

Life hacks.

Certified life coach, psychotherapist and Reiki Master teacher Martina E. Faulkner reveals how tweaking the way you think can have profound effects in her new book, "What if..?"



Martina E. Faulkner is a certified life coach, psychotherapist and author of "What if..?" / PROVIDED

If you feel nothing in your life is going the way you want it to or planned, it's time to change your mindset. Martina E. Faulkner has made a career of helping people envision the life they want and then making it happen, and now she's bringing her tips to the masses in her new book, "What if..?" She shares some of those tips with us here.

Figure out what you really want

Sometimes, what you think you want isn't really what you want. "Some of my clients say they want to win the lottery," Faulkner says. "But then I ask them why they want to win the lottery. Is it because they're scared they won't have enough money to pay their bills? Is it because they want to travel?" Faulkner says once you get to the root

of what you really want, you can start seeking out ways to make it happen, whether that's striving toward a higher-paying job or starting a new career that allows for traveling. It's a better bet than hoping you score that golden ticket.

Focus on making small changes, not a huge one

If your goal is to become the CEO at work, that's great, but going from where you are to the very top can be overwhelming—so Faulkner says to start small. "Smaller, more manageable changes that we can create through manifesting is a good place to start," she advises in "What if..?" But while you are taking those more manageable steps, don't lose sight of your overall goal. "For long-term ideas, dream

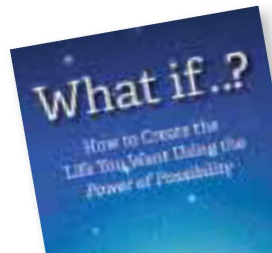
big! The imagination is a wonderful thing, so daydream," Faulkner says.

Prioritize what you want to change most

While thinking about what you really want, visualizing it happening and taking actionable steps can change your whole life. Faulkner recommends focusing on one area and then letting the effects spill over into other areas. "Prioritize where you want to spend your energy and focus on that," she says. Once you start seeing the positive effects in that area, you can shift your focus to another area, applying the same principles.



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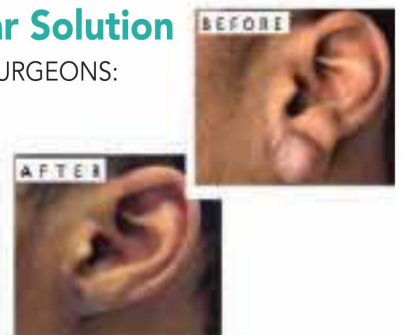
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Aries Don't feel that you have to live up to unattainable standards. Looking good is as much about how you feel as how you look. Stay healthy.



Taurus You will have to make a few concessions. Find an engaging creative outlet and let someone else worry about being entertaining.



Gemini Give your creative projects a personal touch. Artistic or musical expression will provide an important contrast to your routine.



Cancer Your personality and talents are being noted by business contacts. Don't exaggerate your knowledge or qualifications.



Leo It will be up to you to determine who is telling you the truth and who isn't. Consider the motives of someone who is trying to undermine you.



Virgo An opportunity to participate in a social or cultural event is encouraged. A casual acquaintance will provide unusual information.



Libra Lady Luck is with you. Get your friends to help you redecorate or renovate your living space. Offer incentive by hosting a gathering.



Scorpio Love and romance are highlighted. A day trip will have a positive impact on your personal life. Stop being so serious.



Sagittarius Start a new fitness regimen. Sensible eating, moderate exercise and sufficient sleep will provide a change to your look and mood.



Capricorn Get together with friends or relatives and have some fun. A friendly competition will help stimulate you physically and mentally.



Aquarius The people around you will be hard to deal with today. You are best off busying yourself with creative projects.



Pisces Keep an open mind. Make a point to get out and socialize. Talking with friends will give your morale a boost. **EUGENIA LAST**

Across

1 Grass cutter
6 Bill, briefly
10 RN assistants
14 Fuming
15 Koh-i — diamond
16 Ambler or Clapton
17 Like a tablet
18 Felipe or Matty
19 Isinglass
20 Fortune
21 One 13 (2 wds.)
24 What Muses do
26 Piano fixers
27 Prior to
28 Signs up
30 "A Boy — Sue"
33 Jabs playfully
34 Howl
37 Disney CEO Bob —
38 Soft drinks
39 Plains state
40 Ewe's plaint
41 Corroded
42 Aleut carving
43 Dijon dads
44 — de cologne
45 Debated
48 Banquet finale
52 Violets, e.g.
55 Chocolate-colored dog
56 Mimicked
57 Footnote word
58 Title role for Madonna
60 Not bogus

61 Baja boy

62 Afterward

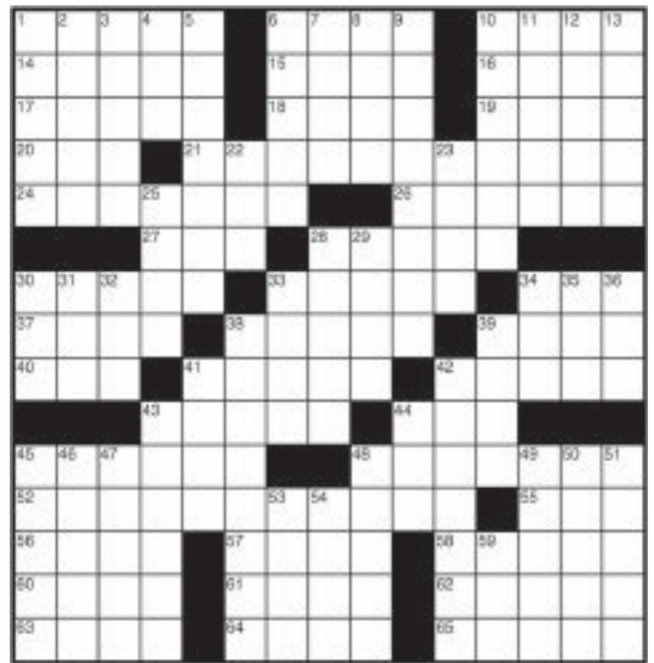
63 Urn homophone

64 Pulls down

65 Travels on snow

Down

1 — Vanilli
2 Hunter constellation
3 Wishes for
4 Riviera summer
5 Cardinal
6 Moccasin, maybe
7 Painted tinware
8 Where heather grows
9 Well-behaved convicts
10 Duds
11 Hold dear
12 More accommodating
13 Surveys
22 — you serious?
23 Grayish horses
25 Look intently
28 Nasty shocks
29 Not super
30 Robin's beak
31 Turkish potentate
32 Give — break
33 Pretend to be
34 Plant sci.



35 Dazzle

36 Candied item

38 Thickening, as cream

39 Debtors' notes

41 Coral formation

42 Loafer doodads

43 Evidence of rain

44 Always, to Whitman

45 Fully conscious

46 Less green

47 Gather after harvest

48 Audition tapes

49 "In" crowd

50 Evaluated

51 Ski lifts (hyph.)

53 Garfield's pal

54 Shoved off

59 — Kilmer of films

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/games

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easy

					6	1	7	8
7			3			4		5
	1		7	5				
						7	8	
2	8						3	6
	3	1						
				4	8		6	
9		8			7			4
3	4	2	9					

hard

5	9				4			6
	7	1		6			8	
			7		8	3		
				4	9		6	
	1						4	
4		6	1					
	2	3		6				
	3			2		1	9	
9			4				3	2

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Proposed mechanism of action
[Gottfried Lempert, et. al., "Artefill" Permanent Injectable for Soft Tissue Augmentation: I. Mechanism of Action and Injection Techniques, Aesthetic Plast Surg 2010 Jun; 34(3):264-72.]

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Nesting season has arrived. Here are cozy, cuddle-up tips that won't break the bank.

MONICA WEYMOUTH
@metronewyork
letters@metro.us

If summer is for traveling and winter is for hibernating, fall is for nesting. With the beach house in the rearview and the holidays on the horizon, it's the perfect time to settle in and cozy up your home for the months ahead.

No room in the budget — or the calendar — for an extreme makeover? No problem. We checked in New Orleans-based de-

home



Before you even begin

You don't need a degree in interior design to create a beautiful room — but you do have to start thinking like an interior designer. “The most important thing is to have a clear idea of what you want the room to look like before you start,” says LeBlanc. “That, simply, is how rooms come together.”

signer Tiffany LeBlanc of LeBlanc Design for some quick, easy decor tips that make a big impact for a little cash.

Layer low

Chances are you put a lot of thought into your couch. But the rug? Maybe not so much. "I ask my clients, 'What is your

rug doing for you?" says LeBlanc. "It's a big thing, and yet it's not a big expense." For an autumn vibe, LeBlanc suggests layering a statement-making antique carpet or cowhide over an inexpensive sisal rug. If you're hesitating on the size, go bigger — in LeBlanc's experience, most people underestimate, and the

result can feel bare and empty.

Go natural

Before you click over to Amazon, look around your yard and grocery store for fall decor. One of LeBlanc's favorite seasonal tablescapes comes together with a vase full of branches, a

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2 bedrooms	\$1,026	34	2 people:  3 people:  4 people: 	\$36,618 - \$41,455 \$36,618 - \$46,620 \$36,618 - \$49,200

[†] Weight includes gasoline, engine, and fuel.

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When is the Deadline? RESEARCHERS MUST BE SUBMITTED OR NOTIFIED BY THE END OF **SEPTEMBER 30, 2018**. Late-submissions will not be considered.

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Español Para recibir una traducción de este anuncio y la aplicación en español, envíe un sobre con su dirección a Rubén Wolf, Periodismo, P.O. Box 25081, Floral Park, NY 11002. En la parte posterior del sobre, escribir en inglés la palabra

香港中文

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bowl of artichokes and sprigs of lavender, which she turns into napkin holders with the help of twine. Dried beans make the perfect nest for votive candles, while moss provides a rich, textural element to wreaths.

Embrace texture

Nubby pillows and faux-fur throws instantly cozy up a couch. If you're ready to invest in a bigger change, LeBlanc recommends wallpaper. "Wallpaper transforms a room," she says. "A gorgeous grass cloth will give you a rich texture. It feels like a nice little embrace every time you walk in." For an interior designer-approved grass cloth, try the seamless variety from Phillip Jeffries.

Get your glow on

Just because you don't have a fireplace doesn't mean you can't enjoy a festive flicker. For an impromptu mantel, LeBlanc recommends grouping candles in a deep windowsill or up the side of a staircase.



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To maximize the effect, work in metallics, such as trendy brushed brass, throughout the room.

Relax already

The rules have changed for entertaining, so there's no need to fret over those mismatched glasses. "It used to be that we were a more formal society, but the idea of feeling proper in the home has changed, and your decor should reflect that," LeBlanc says. "We're using a lot of linens and cottons, not silks — silk doesn't say, 'Come into our home and feel comfortable.'"

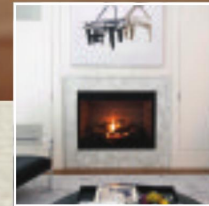
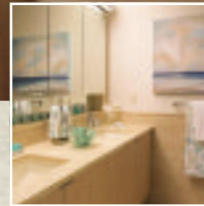
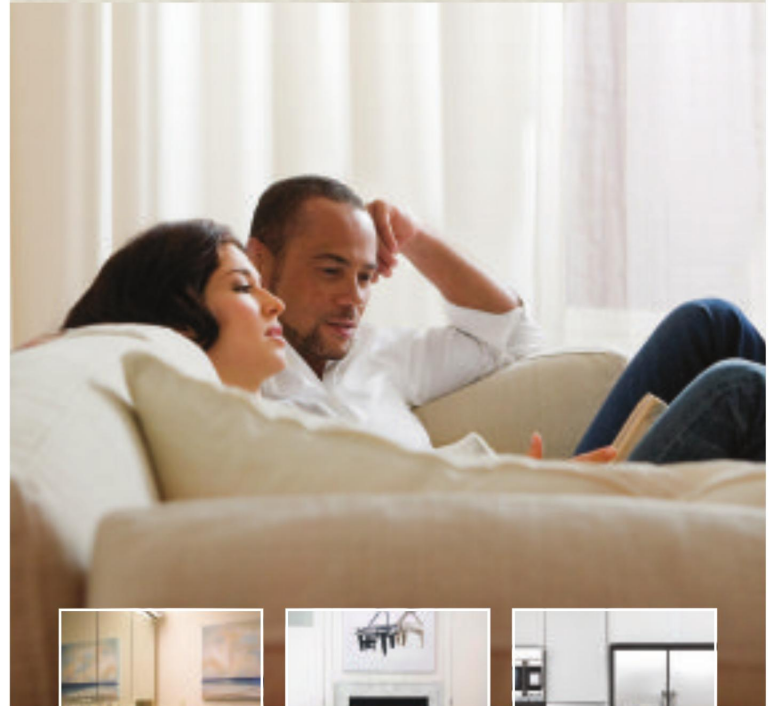


Now trending

Many of LeBlanc's favorite rooms have what she calls a "farm-to-table" feel. "It's happening in food, and it's happening in decor. It's casual, but it's beautiful," she says. "I use a lot of handmade products because clients are looking for things that are more authentic. There's so much stimulation with iPhones and computers that when they go home, they want to feel something real."

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NFL power rankings | by Luke Miller

No. 1

Patriots (3-0)

Tom Brady got his 400th (and 401st) touchdown in the rout we all expected. LeGarrette Blount's return gives New England the new offensive weapon they desperately needed. Now the NFL gets the Patriots' bye week it desperately needed.



No. 4

Broncos (3-0)



Peyton Manning seems to have found his groove, but the run game in Denver is still abysmal. They've accumulated 171 yards total and 2.6 yards per carry through three games. If they can keep Peyton hot and get the run game going, their defense makes them a force to be reckoned with.

No. 6

Seahawks (1-2)



Nothing quite like the Bears to cure an ailing team. Nevertheless, it's a little disconcerting that a team in the Seahawks' position came out as flat in the first half as they did. The seriousness of Marshawn Lynch's injury remains to be seen but they did get Kam Chancellor back.

No. 8

Falcons (3-0)



The Falcons were the first team to take advantage of injury-ravaged Dallas, but it took them a while to do it. For now, though, they seem to have mastered the art of "throw the ball to Julio Jones until anyone is able to cover him" and that could make them a serious force in the NFC.

No. 2

Packers (3-0)



We're only through Week 3 and Green Bay has already handled Seattle and Kansas City, albeit both at home. That's an impressive résumé for anyone, and Aaron Rodgers' five touchdowns Monday night confirm Jordy Nelson's absence isn't slowing down the reigning NFL MVP.

No. 3

Cardinals (3-0)



The Cardinals now lead the NFL in point differential with plus-77 after just three games. New England is at plus-49. The Saints, Bears and 49ers aren't exactly murderers' row, but they've won those games by an average of over 25 points. St. Louis and Detroit are up next for the Cards.

No. 5

Bengals (3-0)



Andy Dalton, clutch quarterback? Having A.J. Green on the other end of the receptions certainly helps. The Bengals are cruising, and with Ben Roethlisberger's injury they have a big chance to build a lead in the AFC North over the Steelers in the weeks ahead.

No. 7

Bills (2-1)



Buffalo and Miami had a pretty even split of hype the past two years as trendy wild-card picks below the eternal division champion Patriots. Not anymore. The Bills rebounded from a tough week against New England with a huge statement, and now the Dolphins are reeling.

NY landings

- **14. Jets (2-1):** Wary of Ryan Fitzpatrick's turnovers, they opted to run up the middle. Not a wholly terrible plan when you have Chris Ivory. Of course, they had Bilal Powell.
- **20. Giants (1-2):** The Giants finally managed to hold on to a lead. They may not get that chance against Buffalo.

3

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1. AMS 700[®] Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prosthesis. American Medical Systems. 2012.

2. Viagra[®] Prescribing Information, Pfizer Inc. Revised January 2010. 3. Cialis[®] Prescribing Information, Lilly USA, LLC. Revised October 2011.

4. Levitra[®] Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.

5. Penile prosthesis. <http://www.essm.org/society/eshal/males/oral/treatments/penileprosthesis.html>.

European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

American Medical Systems, Inc. has sponsored funding for this patient seminar and accompanying educational material.



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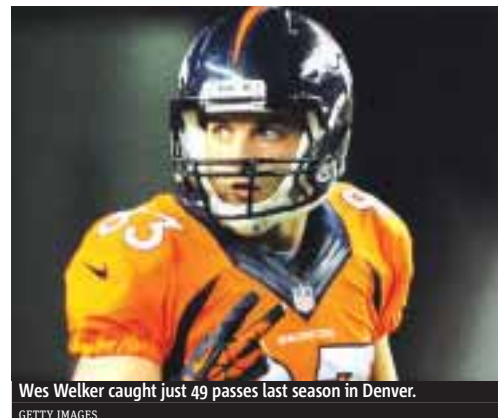
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NFL. Giants taking looks at former star NFL receivers Welker, Nicks

The Giants are looking to boost their receiving corps this week as they worked out former Patriots and Broncos slot star Wes Welker as well as Hakeem Nicks, who helped New York to a win over New England in Super Bowl XLVI.

Welker recently had three concussions in the span of 10 months and caught only 49 balls in 2014 — his worst output since his rookie season in 2005.

"I don't want Wes to play [anymore] for my own personal reasons," former Broncos teammate Champ Bailey told FOX Sports earlier this year. "I've seen him get concussions. It scares me. I think he can still play, but I don't want him to play because of these concussions. ... This thing is no joke. It's a serious thing when you start talking about your head. And for him to have to worry about that at [the]



Wes Welker caught just 49 passes last season in Denver.

GETTY IMAGES

young age that he is now, he has to think about that for years to come, and I just hope he hangs it up and [doesn't] strap it up again."

It was assumed the 34-year-old Welker would retire as just a few weeks ago he tweeted out a picture of one of his newborn twins with a poop stain.

"This is what my Mon-

day Nights look like these days! #blowout #twins #GameChanger," Welker wrote.

Welker was a favorite target of Tom Brady in New England in 2007-12, but head coach Bill Belichick deemed him replaceable in a somewhat messy divorce in March 2013.

The Giants and Patriots play at the Meadowlands on Nov. 15. **MATT BURKE**

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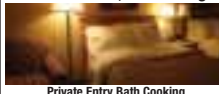
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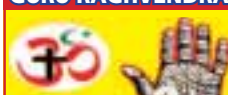
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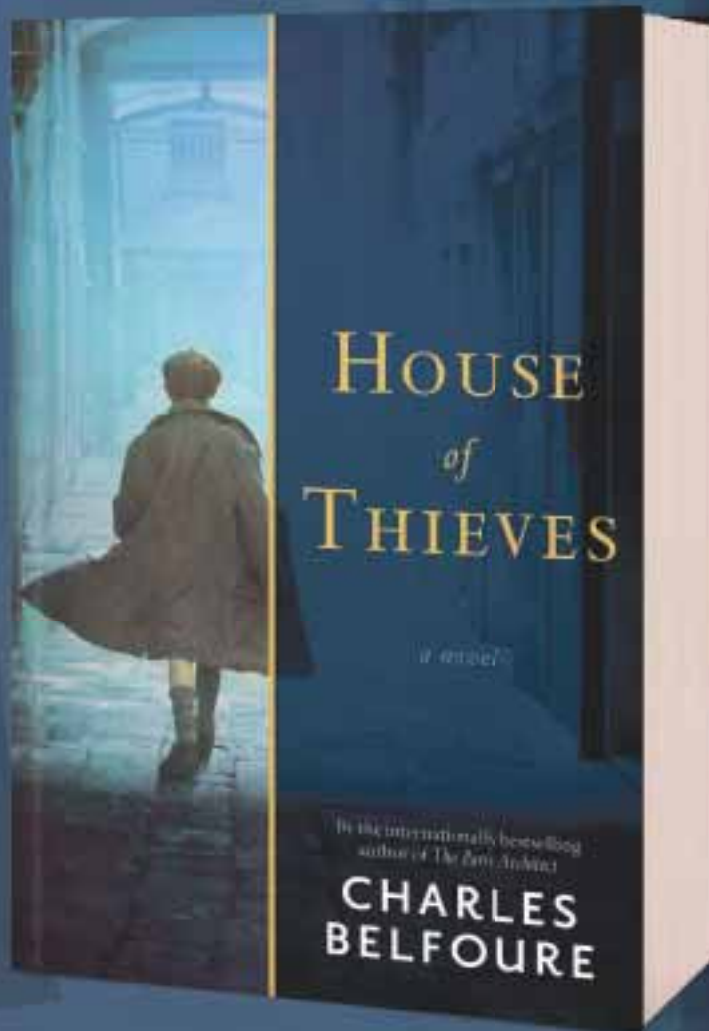
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